

How to get accurate measurements

1. A mirror will help you ensure the tape is not twisted or uneven
2. Remove your outer garments, such as your pants and shirt. You can leave on thin underwear and still obtain an accurate measurement
3. The tape should be parallel to the floor for all measurements
4. Don't use a builders tape as this is not flexible enough to measure your body accurately

Chest



Measure your chest around your body with the tape across your nipple line and across the opposite side on your back.

Waist



Your waist is the smallest part of your torso above your hips. Place your hands on your hips and your waist will be just about where your thumb and forefinger are wrapping your side.

Hips



Your hip measurements should be taken at where your hips are the widest.

You may need to slide the tape up or down to be sure you have the widest part of your lower body.

Put your feet together to take the measurement.